

TIP OF THE SWORD

Jan. 7, 2005

Incirlik Air Base, Turkey

USAFE Wingman's Creed	
We are Airmen, bound by integrity, service, and excellence. We are Wingmen, committed guardians of each other's well-being. We bring our courage to the fight as we proudly carry on the timeless Wingman tradition.	
WINGMAN <u>Sgt</u>	PHONE: <u>8675</u>
WINGMAN <u>Brigman</u>	PHONE: _____
WINGMAN _____	PHONE: _____
Chapel	676-8442
Command Post	676-8000
Family Advocacy	676-8452
Immediate Care Clinic	676-8880
Life Skills Support Center	676-8452
Commander	0523 727 7291
Post Sift	0523 253 8824
Colonel Wilmet	

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WINGMAN <u>Sgt</u>	PHONE: <u>665389</u>
WINGMAN <u>William S</u>	PHONE: _____
WINGMAN _____	PHONE: _____
Chapel	676-8442
Command Post	676-8000
Family Advocacy	676-8452
Immediate Care Clinic	676-8880
Life Skills Support Center	676-8452
Commander	0523 727 7291
Post Sift	0523 253 8824
Supervisor: Colonel Wilmet	

Combat Wingman:

Become a card carrying part of it

CONTENTS

Remember your wingman	2
Commander's Comments	3
Presidential Inauguration	4
Tip of the Sword survey	5
Airmen provide aid	6
January gas prices	7
New Year's Resolutions	8
Ask Mehmet	9
Premature baby	10
Crossword	11
Step Aerobics	12
At the Movies	12

On the cover:

Staff Sgt. Carrie Williams (left), 39th Mission Support Group resource advisor, and Staff Sgt. Veola Brigman, 39th MSG commander's support staff NCOIC, display their wingman cards as the Air Force tradition of watching out for your wingman continues. See related article, at right. (Graphic illustration by Senior Airman Dallas Edwards)

New Incirlik Web Site

Incirlik's new public access Web site is at www.incirlik.af.mil.

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Combat Wingman: More than just a catch phrase

By Gen. Robert H. "Doc" Foglesong
 Commander, U.S. Air Forces in Europe

RAMSTEIN AIRBASE, Germany (USAFENS) – Do you have a Wingman? Have you checked in yet? We've all heard these catch phrases thrown around for the past two months, but have you really taken them to heart? Being a Wingman is not just about making a formalized commitment on a Wingman card — it's about checking each other's six and going the extra mile to take care of your fellow Airmen.

Although we've put the holidays behind us and rung in the New Year, we need to remember that for many people the winter months can be a time of increased stress, depression and mishaps. Some families are separated from their deployed loved ones while others are here in Europe on unaccompanied assignments. That's why there is no better time than now to step up our commitment to our fellow Airmen.

People are talking about the Combat Wingman program, and that's great. It's now

time to take it to the next level by strengthening these commitments and truly looking out for each other.

Although we decreased DUIs in USAFE in 2004, the fact is that even one DUI is too many. We'll also continue to fight against suicides in our Air Force community, and we do that through constant vigilance. There are some things that are out of our control, but giving Wingman consideration isn't one of them.

As Airmen, looking out for each other is a part of our core values, and if doing so can help brighten someone's day or prevent an accident or a death, then Combat Wingman is a success in my book.

Whether over the skies of Afghanistan, on the airfields in Iraq or at home station, we need to remain vigilant and keep each other safe throughout the year.

By participating in Combat Wingman, we reinforce our existing commitment to each other on a personal level. Have you made a Wingman commitment yet? If not, it's time to check in!



The USAFE
WINGMAN CARD

It's Time to Check In!

Combat Wingman quick facts

Objective: Promotes and sustains a culture of Airmen actively concerned for the wellness of their fellow Airmen

Rationale: Our jobs are inherently stressful, but we can combat its negative effects by taking care of each other

What can you do:

- ♦ Sign up to be a Wingman: make the personal commitment to watch out for other's wellness
- ♦ Carry a Wingman Card: incorporate the Wingman concept as a part of your daily life
- ♦ Understand the Four Dimensions of Wellness: use its principles to combat stressors in yourself and others
- ♦ Bring your courage: confront your Wingman or other Airmen if you see them delving into destructive behaviors

The 39th Air Base Wing Public Affairs staff prepares all editorial content in the *Tip of the Sword*. The 39th ABW Public Affairs Office (Unit 7090, Box 135, APO AE 09824-5153) is located in Building 833, Room 274.

Submissions: The editor or other *Tip of the Sword* staff will edit or re-write material for clarity brevity or to conform with the Associated Press Style Guide, local policy and Air Force style as required by Air Force Instruction 35-101. Contributions for the *Tip of the Sword* can be made through e-mail to tip.sword@incirlik.af.mil. The editor can be reached at 676-6060. **Deadlines:** Submission deadlines are Wednesday, nine days, prior to publication date. If submissions are publishable, they run based on space available and priority. **Disclaimer:** The *Tip of the Sword* is printed by Kemal Matbaasi, a private firm in no way connected with the U.S. Air Force, under exclusive written agreement with the 39th Air Base Wing. This funded Air Force magazine is an authorized publication for members of the U.S. military overseas. Unless otherwise noted, photographs are Air Force photos. The *Tip of the Sword* uses information from the Armed Forces Information Service, Air Force News Service, U.S. Forces in Europe News Service and other sources. Contents of *Tip of the Sword* are not necessarily the official views of, or endorsed by, the U.S. government, Department of Defense or Department of the U.S. Air Force. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. **Contact Information:** To reach the 39th Air Base Wing Public Affairs staff, call 6-3217, fax 6-6492, e-mail tip.sword@incirlik.af.mil or stop by Building 833, Room 274.

COMMANDER'S COMMENTS



By Col. Michael Gardiner,
39th Air Base Wing commander

Happy New Year!

Welcome to 2005, and a new year filled with challenges and great opportunities. This past year, Team Incirlik reached new heights and achieved great success. I am proud of all of you and look forward to working with this great team in the New Year.

Promotions

Congratulations to January promotees:

Officer promotions

Promoted to Lieutenant Colonel: Anthony Muzereus, 39th Civil Engineer Squadron

Promoted to Captain: Stephen Bichler, 39th Air Base Wing; **Coleen Foust**, 39th Services Squadron; **Sheri Kraus**, 39th Mission Support Squadron

Promoted to First Lieutenant: Keith Deiter, 39th Comptroller Squadron

Enlisted promotions

Promoted to Master Sergeant: Larry Dostart, 39th Maintenance Squadron; **Rena Mims**, 39th Medical Squadron

Promoted to Technical Sergeant: Michael Southwell, 39th Communications Squadron; **Gregory Yancy**, 39th CS; **Tracy Ford**, 39th Logistics Readiness Squadron; **Monica Hamm**, 39th MDS

Promoted to Staff Sergeant: Jeannie Ruzek, 39th ABW; **Pierre Anderson**, 39th LRS; **Anthony Barone**, 39th MXS; **James Cote**, 39th MXS; **Shenika Fegins**, 39th MSS; **Kim Bethelmie**, 425th Air Base Squadron, Izmir; **Andrew Svoboda**, Detachment 7 Air

Force News; **Keith Whittaker**, 39th CS; **Jose Contreras**, 39th MXS; **Donald King**, 39th LRS

Promoted to Senior Airman: Irene Heitzler, 39th MDS; **Michael McLane**, 39th CS; **William Lancaster**, 39th LRS

Promoted to Airman First Class: Ryan Eichten, 39th MDS; **Porter Thompkins**, 39th LRS; **Lee Grundmann**, 39th Operations Squadron

Temporary plates

The temporary license plates issued to people when they register their car may only be used to pick up their car from Delta and take it to the gas station. After that it must be parked until the registration process is complete. For more information, call Incirlik Pass and Registration at 6-6567.

Taking pictures on base

Taking a snapshot of the main gate might seem like a good scrapbook item for people stationed in a foreign country, but it is against the rules here. Our hosts have asked us not to photograph or videotape Turkish military operations to include Turkish military members, buildings or their equipment, unless permission is granted by the Turkish Air Force. However, base people can take pictures at certain designated areas and events like school facilities, recreation areas, picnic areas and housing without permission – as long as no Turkish Air Force buildings or people are in the background. For more information about photo approval at Incirlik, go to Incirlik Air Base Instruction 35-123, *Photography and Videography at Incirlik Air Base* at <http://source/39abw/39msg/39cs/scb/scba/SCBAP/35%20Series/35series.htm> or call Public Affairs at 6-6060.

Force Protection

An important factor in making sure our people are safe when off base is to make sure you never go out alone. Always go off base with a wingman ... pay attention to your surroundings, stay vigilant, and make sure someone has your six.

Commander's Action Line program

The Action Line program provides an avenue for the Incirlik community to voice their concerns, complaints and opinions to Col. Michael Gardiner, 39th Air Base Wing commander. The program should only be used after trying to resolve the issue through the chain of command. Submit Action Lines by e-mailing action.line@incirlik.af.mil or calling the 39th Public Affairs Office at 6-6060. Concerns will be edited to 300 words or less. Questions and responses may be printed in the *Tip of the Sword*.

YOUR TURN

What is your New Year's Resolution?

"I don't usually make one so I don't have one for this year."

— Senior

Airman Dwayne Davis, 39th Security Forces Squadron



"Mine is to start being more active and see more of Turkey."

— **Cathy Collier**, family support center



"I just started smoking again, so mine is to quit smoking."

— Airman

1st Class Robert Williams, 39th Communications Squadron



"Build up my savings account and leave here with a new motorcycle."

— Tech.

Sgt. Chuck Collins, 39th Communications Squadron



"Get in shape"

— Airman 1st

Class Chris Shumaker, 39th Communications Squadron



To submit a question for "Your Turn," call 6-6060 or e-mail tip.sword@incirlik.af.mil

Incirlik Airmen support 2005 Inauguration

By Senior Airman Jessica Switzer
39th Air Base Wing Public Affairs

An Airman from the 728th Air Mobility Squadron and six from the 39th Civil Engineer Squadron Explosive Ordnance Disposal Flight will support the Jan. 20 presidential inauguration in Washington D.C.

Master Sgt. William Courter, EOD operations branch chief; Tech. Sgt. Eric Osborne, EOD quality assurance NCO in charge; Staff Sgts. Benjamin Kelly, EOD craftsman, Kristoffer Solesbee, training NCO in charge; Edward Albietsz, EOD journeyman, Senior Airman Carl Dill, EOD journeyman, and Senior Airman Michael Shaw, 728th AMS functional systems manager, were selected to provide security and operations support for the ceremony.

"This is something I'm glad I can be a part of," said Airman Dill. "It's part of the reason I joined and I'm honored to be a part of this event."

Part of the job EOD does is helping protect the president and other dignitaries all over the world he said.

"Most of the guys have done a lot of similar things," said Sergeant Courter, project team

leader, who has participated in several missions of this nature throughout his career.

The U.S. Army is in charge of organizing all missions for the protection of important people, according to Air Force Instruction 132-3001. However, they seek support from all branches of service.

Although duty like this is part of EODs regular job there is greater competition for other volunteers. It is not as easy as raising a hand to volunteer for the chance to work in the inauguration. Airman Shaw had to submit a package to the Armed Forces Inaugural Committee to volunteer to help out with the ceremony.

"He was very shocked and surprised (to be chosen)," said Capt. Randy Allen, 728th AMS executive officer, "There's really a lot of responsibility on him as a senior airman here alone. Despite the fact that he is so junior and isolated here, he has a lot of job knowledge and is a very hard worker."

Captain Allen feels Airman Shaw is ready for the challenge and will meet it head on.

The Incirlik Airmen participating in this year's celebration are only seven of the nearly 10,000 military and civilian participants needed for the ceremony.

This is not the first time the military has

participated the protection and support of a presidential inauguration.

According to a press release from the Joint Task Force – Armed Forces Inaugural Committee, the tradition of providing military support for this ceremony started in 1789, when local militias joined George Washington's inaugural procession as it passed through towns along the way from his home in Mount Vernon, Va., to New York City. When President Washington arrived in New York, an escort of Continental Army soldiers accompanied him to Federal Hall for the presidential oath.

The military became officially involved in the 1950s, when legislation was passed that specifically authorized the Secretary of Defense to provide military ceremonial support to the presidential inaugural events. For the last 50 years, this support has been coordinated through the Armed Forces Inaugural Committee, now known as the JTF - AFIC.

JTF-AFIC is a temporary joint military command established every four years under the direction of the Secretary of Defense. The organization is formed solely to coordinate military support of the inauguration and the activities during the 10-day celebration.

Wingman bowled over, fit to be teed by program specials

By Senior Airman Jessica Switzer
39th Air Base Wing Public Affairs

Two 39th Services Squadron organizations are doing their part to make sure Incirlik wingmen are taking care of each other by offering specials to those who show their U.S. Air Forces in Europe – implemented Combat Wingman program cards.



Photo by Senior Airman Dallas Edwards

Tech. Sgt. Tony Simon, 39th Medical Squadron Immediate Care Clinic assistant NCO in charge, bowls a frame at the Magic Carpet Bowling Center. The bowling center began a promotion Jan. 5 to get Wingmen to come in and bowl together.

"Combat Wingman is not something that can be left at the door at the end of the day," said Gen. Robert Foglesong, USAFE commander. "As guardians of each other's well-being, we are devoted to encouraging camaraderie and unit pride, looking out for one another and preventing destructive behavior."

To further those ends, two 39th SVS organizations are offering specials to Airmen who show their completed wingman cards.

When two people present their completed cards Wednesdays at the Magic Carpet Bowling Center and pay for two games, they get two games and shoe rental free, said James Grof, bowling center manager.

At the Hodja Lakes Golf Course wingmen who present their cards save money on a golf cart rental. One person pays full price and the other can use the cart for free during that visit.

These programs are intended to give wingmen something to do together and cement their bond, said Mr. Grof.

"This is to give them some place where they can go and talk, and just spend time together if nothing else," he said.

"Combat Wingman capitalizes on looking out for one another through the employment of a sacred contract that promotes a genuine concern for our fellow Airmen and their wellness," said Chief Master Sgt. Gary Coleman, USAFE command chief master sergeant.

The way people care for their wingmen and keep them out of danger has been around for many years. Colonel Erich Hartmann, a flying ace who scored 352 kills for the German Luftwaffe in World War II, took pride in the way he kept his wingmen safe.

"Of all my accomplishments I may have achieved during the war, I am proudest of the fact that I never lost a wingman," he said.

Tip of the Sword staff seeks readers' feedback

By Senior Airman Jessica Switzer

39th Air Base Wing Public Affairs

The *Tip of the Sword* readership survey is now extended to Feb. 1. It originally ran Dec. 10 to 29 and only 12 people responded by going online to fill out a survey or filling out a paper copy.

"The base newspaper is a vital source of information to any military community," said Col. Michael Gardiner, 39th Air Base Wing commander. "Our Airmen are what drive the *Tip of the Sword* success and their views are important to us."

During the two weeks the paper did not print in December a redesign and reorganization changed the face of the *Tip of the Sword*.

The paper was clearly divided into separate sections with all news, feature, community and editorial content grouped together. The news and community briefs now mark the end of corresponding sections and the Your Turn column (man-on-the-street interviews) was moved to the end of the editorial section.

"It's really challenging to produce adequate changes to reflect the base populace views when we only get one percent of people completing the surveys," said Capt. Rickardo Bodden, 39th ABW Public Affairs chief. "We realize the survey came out during the holidays when many were on leave, spending time with their families. That is why we feel we must open this subject up to the populace again."

Reopening the survey allows more Incirlik people to provide their opinions of the newspaper. The survey will run through Feb. 1.

To participate, people can go to www.afnews.af.mil/internal/survey_index.htm or use the link on the Source. Readers submit a user name and then choose Incirlik from a list of bases. The survey consists of multiple choice questions and a comment section.

There will also be boxes and paper surveys located at the Official Document Center, library and community center.

For more information, call 6-6060.



Photo by Senior Airman Dallas Edwards

Table Tennis Tournament

Master Sgt. Jeff Ripperda, TDY from the Defense Energy Support Center from Naval Air Station Rota, Spain, competes in a table tennis tournament Dec. 29 at the Community Activity Center.

Defense Department expands flu vaccine program

By Donna Miles

American Forces Press Service

WASHINGTON (AFPN) — Department of Defense officials are expanding the flu vaccination program to people as young as age 50 and those in close contact with those at high risk of getting the flu, the Pentagon's top doctor said Dec. 22.

The military medical system has enough flu vaccine on hand to expand the program, said Dr. William Winkenwerder Jr., assistant secretary of defense for health affairs.

He credited the military community with its cooperation in ensuring all deployed and deploying servicemembers and high-risk beneficiaries got vaccinated first. These included people younger than age 1 and older than age 65, as well as those with specified medical conditions.

"We wanted to make sure that we vaccinated all of those people first as a priority," Dr. Winkenwerder said.

This effort was so successful, he said, that DOD still has some of its initial 2 million units of vaccine available to administer to people at lower risk of getting the flu. Also, he said, DOD received additional doses.

Extra shipments of FluMist, a nasal spray flu vaccine, will be shipped to military recruiting stations "to make sure recruits coming in and living in close quarters get their vaccines," Dr. Winkenwerder said. This newer vaccine has proven during clinical tests to work effectively on people between ages 5 and 50.

Dr. Winkenwerder complimented the military medical community and the beneficiaries for sticking to the initial guidelines for distributing the flu vaccine to those who need it most.

"That's good news," he said. "Now we are

in a better position to continue to use the vaccine that we have available. ... So we want to reach out now to vaccinate more people."

January and February tend to be the peak flu months, Dr. Winkenwerder said, generally because the weather forces people to spend more time indoors in confined spaces. This environment enables the flu virus to quickly spread from person to person.

To help prevent its spread, Dr. Winkenwerder encouraged people to take basic precautions: wash their hands frequently, cover their mouths when they cough or sneeze and use tissues. Hand sanitizers, while effective against bacterial infections, generally do not work against viral infections, he said.

Dr. Winkenwerder said these basic precautions can go a long way in protecting against the flu and preventing its spread. "We're hoping we have a safe, flu-free winter," he said.

Airmen continue to deliver relief supplies in devastated Thailand

PHUKET, Thailand (AFPN) — As the calendar turned a new year, the aid delivered by Airmen of the 353rd Special Operations Group to communities on Thailand's southwest coast approached 100 tons.

Four MC-130s and 100 Airmen from the group continue to pump vital relief supplies into strategic cities located along the devastated coastline.

Thai officials are still identifying life-sustaining supplies such as medicine, tarps for shelter, bandages and water, as top priorities. Two massive aircraft hangars on the east side of Bangkok's sprawling airport are the collection location for donations nationwide. Trucks are taking nonperishable supplies to the coastal cities 10 hours away. In a matter of two days, donations from around the kingdom have outpaced all airlift capabilities.

In Phuket, Thailand's largest tourist destination, the situation is dire. Upwards of 5,000 dead have been found along the coast, and Thailand's prime minister warns that number may double as outlying islands are fully examined. While this resort town was smashed by killer waves, islands offshore, like Phi Phi and Kao Lak, were completely decimated.

Lt. Col. David Mobley, from the 17th Special Operations Squadron at Kadena Air Base, Japan, is the deployed mission commander in Bangkok.

"With limited aircrews, a skeleton maintenance squad, a few spare parts and almost no support functions, the work carried out by this team is amazing," he said. "Every Airman here understands that to be doing anything else right now just wouldn't seem right."

The Americans are not alone. The Royal Thai air force has mobilized its forces and is also busy hauling life-saving cargo south.

Thai aviators have accompanied U.S. aircrews on flights to many of the remote airfields to facilitate entry, unloading of supplies and departure. Airmen involved in the operation said it has been a huge success.

"We've enjoyed very quick turnarounds because the Thais know these fields like the back of their hands," one said. "Their experience is invaluable to us getting our jobs done. With less than one day's notice, we rolled in here and began operating out of their offices and their neighborhoods like we were old friends."

An Airman assigned to the 1st Special Operations Squadron, said



Photos by Master Sgt. Michael Farris

An Airman in Bangkok, Thailand, teams up with a Thai volunteer Jan. 1 to arrange bottles of drinking water for distribution at the international airport. He and 100 others from the 353rd Special Operations Group are flying supplies to the tsunami-hit areas of southern Thailand. The 353rd SOG is assigned to Kadena Air Base, Japan.

his impact was brought home his first day at Phuket, Thailand.

"Bringing a dozen litter patients back to Bangkok was by far the most meaningful thing I've done," he said. "The sincere thanks and absolute gratitude of people whose lives have been crushed was amazing. I'll never forget it."

As a one-man ringleader, a loadmaster here directs pallets onto the aircraft every day.

"The supplies we're loading into these planes are having a huge impact on millions of people's lives today," he said. "If it's a temporary shelter for a family of five or vaccinations for 50,000, these things are important right now. It's humbling to be a part of this assistance."

The Airmen in Bangkok are under the direction of Joint Task Force 536. The task force is coordinating U.S. military relief efforts in the region and will enable leaders on the ground to maximize the efforts of people and resources.

As the new year began, the devastation in Southeast Asia was just beginning to be understood. The fatality total has reached 150,000, and continues to climb. With such dire situations on the ground, the Airmen here said they can only hope their efforts can make a difference. (Courtesy Air Force Print News Service)



Volunteers in Bangkok, Thailand, separate relief supplies between two hangars at the international airport Jan. 1.

Incirlik contributes

Incirlik organizations are planning ways to become more involved with relief efforts. So far, the Asian Pacific Heritage Association sponsored a Bowl-a-thon Thursday in which \$10 fees for each five-person team and other charitable donations will go toward relief efforts, and the chapel will have a designated offering Jan. 16 to aid tsunami and earthquake victims. For future opportunities to contribute to relief efforts as information becomes available, see future editions of the *Tip of the Sword*, stay tuned to American Forces Network - Incirlik television and radio stations, or call the family support center at 6-6755.



Photo by Senior Airman James Seymore III

The right way to build

Airman 1st Class Brandon Garner, 39th Communications Squadron wideband technician lifts weights on the bench press. People who use supplements as part of their fitness routine must now beware of another substance.

A new law signed by President George Bush establishes that certain health and fitness supplements, such as androstenedione and tetrahydrogestrinone, commonly known as "andro" among the bodybuilding community, will be classified in a category identical to heroine and cocaine Jan. 20.

Under this new law, supplements containing these ingredients are classified as Schedule III controlled substances and can not be legally purchased or used.

Those who intend to work toward a better physique and use vitamin supplements, must ensure supplements are free of the above listed "andro" or "andro supplement" ingredients.

More Airmen eligible for recognition ribbon

By Tech. Sgt. David A. Jablonski
Air Force Print News

WASHINGTON — More Airmen can wear the Air Force Recognition Ribbon for winning service-level competitions and awards.

A recent change to an Air Force instruction allows members of small teams participating in events such as security forces' Defender Challenge, Air Mobility Command Rodeo or the William Tell competition at Air Combat Command to wear the decoration.

In the past, named individuals who received Air Force-level special trophies and awards listed in Air Force Instruction 36-2803 "The Air Force Awards and Decorations Program," could wear the ribbon. The instruction expanded Dec. 6 to include individual members identified as part of a small team.

A small team is defined as below flight level. Examples include a team for a specific event,

or an airlift or missile crew of the year, or a weapons load crew.

"These war-fighters have shown superior skills and abilities in Air Force-wide competitions, and deserve this recognition which says they and their team are the 'best in the Air Force'," said Gen. Michael Moseley, Air Force Vice Chief of Staff.

"War-fighters from all branches of the military benefit from these talented Airmen, regardless if it's work being done (using) mobility expertise, or striking targets. We have the most professional, the most competent and the most lethal Air Force ever. Incorporating these honed war-fighting skills ... Recognizing their professionalism and excellence is most appropriate," General Moseley said.

Although the official implementation date for policy change was Dec. 6, eligibility under the revised criteria is retroactive to the inception date of the ribbon.

IN THE NEWS

Fuel price changes

The January sale prices reflect the following average increases per gallon by grade: The new Army Air Force Exchange Service prices for normal unleaded is \$2.19 per gallon, super-plus unleaded is \$2.34 and the price for diesel fuel was not affected by the increase. The increase in price for gas and diesel corresponds to price increases in the United States, but are still lower than in many states for the same time period.

Parking lot construction

The parking lot that supports the commissary, base exchange and Official Document Center is under construction until March 3. This road closure is necessary to maintain Antiterrorism and Force Protection barriers in that area. Traffic flow in the parking lot is redirected during this time. For more information call Paul Swinney at 6-8020.

Gate passes

All gate passes with a Dec. 31 (31 ARA 04) expiration date are valid until the mass re-issue is completed. For more information, call Pass and ID at 6-6617.

Drain repair

Ongoing construction to repair the storm drainage system in Phantom Housing will affect the following housing units until Jan. 21: Buildings 2805, 2806, 2886, 2888, 2890, 2892 and 2894. For more information, call Jim Manesis at 6-8020 or 6-6570

Transaction fee

U.S. Air Forces in Europe headquarters has approved SATO travel to begin charging a reimbursable transaction fee of \$15 per ticket to all official and unofficial travel. For more information call Staff Sgt. Ruben Villarreal at 6-6520.

Credit card fraud

The Federal Trade Commission offers advice to assist consumers in protecting credit cards from fraud at www.ftc.gov/bcp/conline/pubs/credit/cards.htm. For more information, call Tech. Sgt. Charles McQueen at 6-6800.

New year = new you? Part I of a series

Are resolutions spoiling good intentions or ways to 'test waters' for success?

By 1st Lt. S.J.B. Bryant

39th Air Base Wing, Public Affairs

Editor's note: The following article is part one in a monthly series on what some people are doing to keep their New Year's resolutions.

Regret. Anticipation. Fear. Joy. Eagerness. Procrastination. Optimism. Pessimism. These words and more can be used to describe how some feel at midnight Dec. 31.

At this time of the year, people may experience a whirlwind of emotions like the regret of eating too many jelly-filled doughnuts coupled with the anticipation of a chance to make a difference. Or they experience the fear of failing the Air Force physical fitness test because they ducked out of aerobics class coupled with the joy of a new year with new beginnings. ... the eagerness of setting a goal paralleled with remorse from procrastinating in spending more time with family. ... optimistic of a healthy body, quitting a habit or committing time to an activity but pessimistic that they are doomed to fail. They are only New Year's resolutions, right?

People are often so inspired by the sights and sounds of the holidays that they make "overzealous" New Year's resolutions – lose weight, quite smoking, cut-down on alcohol consumption, save money, spend more time with family, make new friends – only to break them in a week or two. Some researchers ask, "are we setting ourselves up for failure by making these resolutions?"

But, researchers with the University of Washington say, no. A study conducted throughout the United States in 1997 and revisited in 2002 says people who break these "promises" are not necessarily failing but finding out what works for them when applying life changing principles.

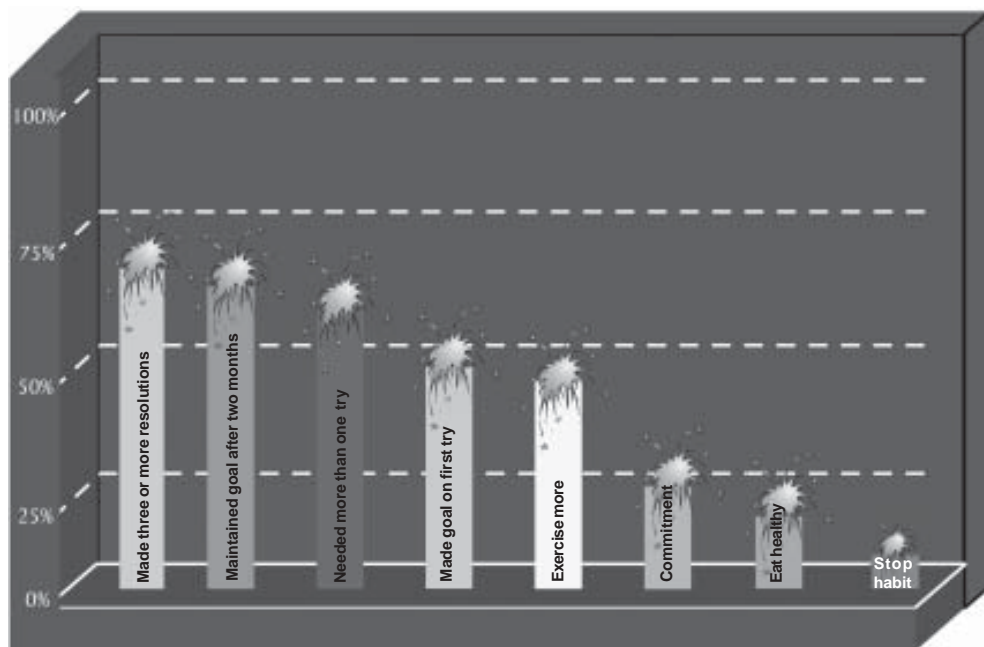
The survey noted 67 percent of Americans surveyed made three or more resolutions meaning people are generally concerned with their lifestyles.

It also noted 60 percent needed more than one try at reaching their goal while 40 percent achieved goals on the first attempt. The most popular goal was to get more exercise followed by an increased commitment to work or study.

Only a small percentage resolved to decrease or quit the most harmful activities (alcohol, drugs, cigarette and food abuse) as 13 percent vowed to increase healthful eating. After two months, 63 percent of resolution makers still kept their resolutions. How did they do it?

"The keys to making a successful resolution are a person's confidence that he or she can make the behavior change and the commitment to making that change," says Elizabeth Miller, a UW doctoral candidate in psychology.

She advises resolution makers to remember that these "promises"



Graphic by Senior Airman Adam Cyr

are a process to create new habits, not a one-time effort and even accomplished goals need follow-up. To be successful, she suggests a three step-process. First, have a strong initial commitment to make a change and know the sure fire failure traps.

Traps include making last-minute resolutions (reacting on New Year's Eve by making resolutions based on what the bothering issue is at that time) and envisioning resolutions as absolutes (saying things like, "I will never do X again").

Second, have coping strategies for when problems or setbacks occur (and they will). Do not beat yourself up over them but find out what contributed to the failure and fix the problem. Are too many fat and sugar-laden goodies at the office sabotaging healthy eating efforts? Consider having a "bake-off" by asking co-workers to make their favorite recipes healthier – with less fat or sugar.

If it is April 9 and you had two servings of lasagna instead of one, all is not lost. Dr. Alan Marlatt, Director of UW's Addictive Behaviors Research Center, says do not give up because of one set back then wait until Dec. 31 to continue with the resolution. Instead, take a deep breath and try again April 10.

Finally, keep track of progress by keeping a "resolution journal." The more monitoring and feedback, the better the results. People are also advised to not just resolve to lose weight or stop smoking but set specific goals and not absolutes — lose five pounds per month or cut down on the habit. This way, if there is a setback, it does not ruin the whole plan and cause a person to give up. She reminds everyone to take credit for successes as they are accomplished.

The *Tip of the Sword* is conducting its own version of NBC's reality show, "The Biggest Loser" and needs volunteers. The TOS will follow three people as they try to keep their New Year's resolutions. If you made a resolution to get in shape, loose weight or alter a habit and would like to have your accomplishments (and challenges) featured in the TOS monthly, send an e-mail to tip.sword@incirlik.af.mil no later than Jan. 31.

To read more about the UW survey, log onto www.washington.edu/newsroom/news/1997archive/12-97archive/k122397.html.



Ask MEHMET

By Mehmet Birbiri, Host Nation Adviser

One word – many meanings

Question: Mehmet, I hear the word “Allah” in daily conversations among my Turkish co-workers a lot. I tried to understand the word and its use, but found out that they use the word in various ways depending on the situation with different pronunciations. Will you explain those differences please?

Response: Turkish people are Moslem, and the word of “Allah” is used very commonly in daily conversation. It is common in many nations and languages.

Below are some of the words heard from Turkish nationals and their meanings:

- ♦ **Bismillah** – in the name of Allah, used before people start doing something;
- ♦ **Insallah** – God willing, used when wishing something to happen;
- ♦ **Evelallah** – With the help of Allah, used when self-assured;
- ♦ **Eyvallah** – Thanks, good-bye, all right, used when giving up or agreeing with something or leaving;
- ♦ **Ya Allah** – Please help my god, used when wanting to accomplish something or start doing something new;
- ♦ **Fesuphanallah** – Oh my God, used when getting bored;
- ♦ **Allah, Allah, Allah** – Used when motivating self or others;
- ♦ **Hay Allah** – What a pity, used when failing in something;
- ♦ **Masallah** – Used when wanting to show admiration.

Masallah is used commonly. Literally it means “What (wonders) God has willed, wonderful or how marvelous.” It’s expected for people to say “Masallah” when they see beauty whether it be in a baby, child, house, vehicle, job, plant, etc. Many believe if “Masallah” isn’t said at the first sight of beauty the evil eye will ruin that beauty soon; the baby will lose its health; the vehicle will have an accident; the job will be lost, the plant will die, etc. So, by saying “Masallah” the evil eye is averted from that beauty. Very commonly the word “Masallah” is written in big letters in the front of many



Photo by Staff Sgt. Shanda De Anda

Similar to lotteries in the United States, Turkey also has various lotteries, the biggest of which is the drawing held at the end of the year which pays out \$10 million Turkish Lira to the winner or winners. The sale of tickets for smaller winnings, like the ones pictured (left) which won (top to bottom) 5, 20 and 5 million Turkish Lira, are more common throughout the year.

trucks and buses. The purpose of that is when people first see the vehicle they read “Masallah” and thus it serves the purpose of averting the evil eye from the truck or bus and saves it from traffic accidents.

Editor’s Note: Thanks to Nuran Avsar from Incirlik High School for the list above.

Is it luck or chance

Question: Mehmet, just before New Year’s Eve, a Turkish co-worker collected money from the office personnel saying that he would be buying some lottery tickets for the office. He mentioned that we could win millions of dollars. Is lottery very common in Turkey?

Response: Including your office, many of-fices, friend groups, family members and organizations purchase joint lottery tickets for the New Year’s Eve lottery drawing. And your co-worker was right that you could have won \$10 million as the big prize at the drawing that night.

In fact, Milli Piyango (National Lottery) is drawn the ninth, 19th and 29th of every month. There are three different ticket prices; full, half and quarter. Depending on the ticket, people might win full, half or a quarter of the prize. The price of tickets and the prizes increase on special days. But, the New Year’s Eve drawing is very special. Tickets are marketed at the beginning of December and people buy tickets like crazy with the hopes and expectations. The top prize for the Dec. 31 drawing was \$10 million. The lucky numbers were sold to four quarter tickets,

two in Istanbul, one in Van and one in Kahramanmaras. Each individual will get \$2.5 million. Every newspaper publishes the drawing numbers the next day.

The National Lottery Administration announced 10 million tickets were sold for last week’s lottery and more than 2.6 million tickets won a prize. Some won the ticket price or more, while others won the big prize.

On the other hand, the most popular lottery is Sayisal Loto (Numeric Lotto). This lottery is based on guessing six numbers out of 49 and the drawing is done Saturday nights. Drawings are broadcast live on Turkish National Television as part of an entertainment program.

There are some other luck games in addition to Milli Piyango and Sayisal Loto. One of them is Sans Topu (Luck Ball). It consists of two parts. First, five numbers out of 34 are chosen then one number out of 14. The drawing is every Wednesday.

Another luck game is Kazi-Kazan (Scrap and Win) which is a simple scratch-and-win lottery. Each card has eight boxes to scratch. Find three matching boxes and win the amount printed in the matching boxes.

All lotteries are under the monopoly of the State in Turkey. Turkey used to have casinos in five-star hotels but they were closed four years ago by the government. Most casinos moved to Cyprus. Travel agencies now arrange weekend gambling tours.

Do you have a question about something Turkish? Ask Mehmet. To submit a question, call 6-6060 or e-mail mehmet.birbiri@incirlik.af.mil.

Small miracle

Dangerously premature baby defies odds

By Crystal Toenjes

72nd Air Base Wing Public Affairs

TINKER AIR FORCE BASE, Okla. (AFPN) — The greatest miracles come in the smallest packages. Just ask Tinker's Nash family.

Genevieve Faith Nash, the fifth child and first daughter of Staff Sgt. Gary Nash and his wife, Kelley, will be 5 months old when she celebrates her first Christmas, but she was supposed to be just 6 weeks old.

"She is definitely a miracle," Mrs. Nash said. "We know she is here for a reason."

Genevieve was born July 21, only 11 inches long and weighing 1 pound, 2 ounces, 23 weeks and four days into Mrs. Nash's pregnancy. Her first diapers were about the size of a deck of cards, but still too big for the tiny girl.

Sergeant Nash, an air traffic controller with the 72nd Operations Support Squadron, had just returned from being deployed to Iraq, and the family was making plans to move into a new home. Mrs. Nash was just starting to show her pregnancy when her water broke. Genevieve was born five days later.

The staff at the first hospital they checked into told them that after their baby was born, they would be allowed to hold her until she died. But they would not offer any aggressive life support measures because she was so small.

"We told them that wasn't OK," Sergeant Nash said.

The family was told that, statistically, Genevieve had very little chance of surviving being born so early.

"But where do you draw the line with something like that," Mrs. Nash said.

After being told they would not be allowed to leave the hospital for another facility, Sergeant Nash called the police. Then, they were allowed to leave, and he drove his wife to another medical center.

"They had a whole team of neonatologists, and the doctors let us know every step of the way what was going on," he said.

There were many times when everyone thought she was going to die, but she kept fighting, Sergeant Nash said.

"Until you tell us it's impossible, we're not going to give up," he said recalling his many conversations with the medical staff.

Mrs. Nash was allowed to kiss her daughter for the first time when she was 5 weeks old and was able to hold her the following day.

While in the hospital, Genevieve had more than 100 transfusions of blood products and had 20 percent of her small intestine removed. She will need one more operation to further correct her digestive system when she reaches 10 pounds.

The baby's medical discharge paperwork listed 26 different diseases or disorders that she overcame to get to where she is now.

Genevieve came home to her four older brothers Nov. 16, two days after the day she was supposed to be born, weighing about 5 pounds, 8 ounces.

A nurse comes by three times a week to weigh her and check on her progress. Her breathing, oxygen levels and heart rate continue to be monitored.

She is also carefully and lovingly monitored by four junior care-



Photo by Kelly Sharp

Genevieve Faith Nash was 5 months old when she celebrated her first Christmas with her father, Staff Sgt. Gary Nash, mother, Kelley, and four brothers. She was supposed to be 6 weeks old.

takers, their mother said.

Her oldest brother Jeffrey, 10, is always there to help out his parents with whatever they need, and is usually the first one to react when alarms signal she might be having trouble breathing. Uriah, 5, holds her hand and checks on her, too, Mrs. Nash said.

Daniel, 3, is the most attentive to her, and Silas, 1, was fascinated with her when she was in the hospital.

Doctors have told the Nash family that as far as they can tell, Genevieve suffered no brain damage, and today she is pretty much like any newborn baby.

She may have some hearing and vision loss and is at a greater risk for learning disabilities, which is common for premature babies, but they will not know for sure until she is older and can undergo additional tests.

"Her prognosis is amazing," Mrs. Nash said.

The family said they have been overwhelmed by the e-mails of support and prayers they have received from people all over the world.

They said doctors still have no idea what caused Genevieve to join them so early, but they spend little time wondering about why it happened and cherish every moment they have together now.

"This whole time God has had a hand in this, making sure everything worked out right," Mrs. Nash said. "God has had a purpose for her from the very beginning."

THE INCIRLIK GUIDE

Flu shots

Medical high-risk people are advised to visit the clinic for flu shots. Medical high-risk includes people with diabetes, asthma, suppressed immune system and children 6 months to 2 years of age or people older than age 65. Clinic hours are Mondays to Fridays from 7:30 to 11:45 a.m. and 1 to 4 p.m. For more information, call Tech. Sgt. Fentress Posey at 6-8254.

Restitution Information

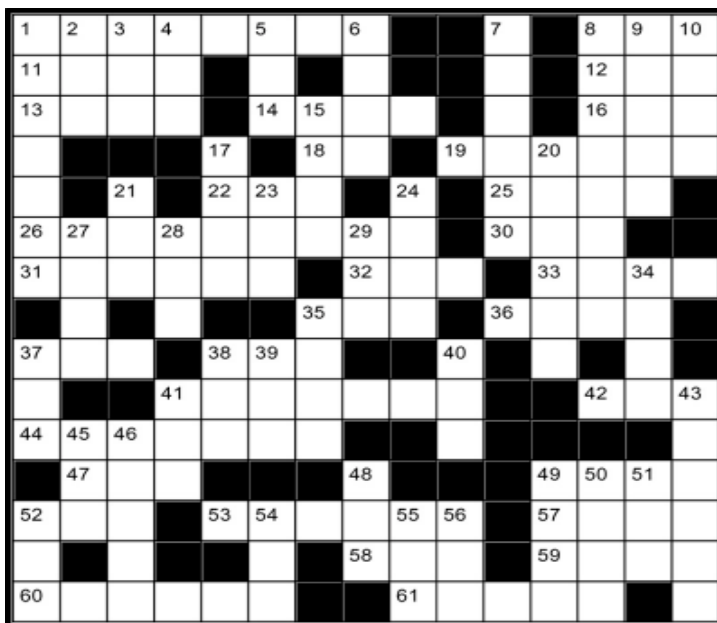
As part of the National Association of Securities Dealers enforcement action against First Command, former customers who purchased systematic investment plans may be eligible for some restitution. Those who purchased then terminated such plans between Jan. 1, 1999 and Dec. 15, may be able to recover a portion of sales loads they paid. Visit http://www.nasd.com/stellent/idcplg?IdcService=SS_GET_PAGE&ccDocName=NASDW_012810&ssSource=NodeId=5 for eligibility requirements and restitution procedures. For more information, call Maj. Patrick Dyson at DSN 227-0413; commercial (703) 697-0413 or e-mail patrick.dyson@pentagon.af.mil.

IAHS PTSC meeting

Incirlik American High School Parent-Teacher-Student Club meets Wednesday at 6 p.m. in the high school media center. For more information, call Senior Master Sgt. John Herkel at 6-6439.

Family child-care providers

People providing care on base for other's children regularly for a total of more than 10 hours a week, must be licensed. There are exceptions. For more information, call Angela Mirich-Holder at 6-6553.



The solution for this crossword puzzle will be in the Jan. 14 edition of the *Tip of the Sword*. Crossword puzzles are published in the first TOS edition of every month. For more information, call 6-6060 or e-mail the *Tip of the Sword* staff at tip.sword@incirlik.af.mil.

Hometown USAF (Vol. 1)

By 1st Lt. Tony Wickman
Alaskan Command Public Affairs

ACROSS

1. Texas AFB home to 37th TW; aircraft tail marking of LD
8. Hit
11. Church altar
12. Bar drink
13. German for no
14. Road tax?
16. Elevated part of the Earth (abbrev.)
18. Postal abbrev. for state home to 436th AW
19. Automotive maker
22. Former 70-80s band (abbrev.)
25. Dampens
26. South Dakota AFB home to 28th BW; a/c tail marking of EL
30. Lemon drink
31. Japan AB home to 374th AW; a/c tail marking of YJ
32. Head cover
33. Immerses
35. Cat call
36. Late night host
37. Zodiac sign
38. Meaning three
41. Conductor
42. Pod vegetable
44. California AFB home to 412th

TW; a/c tail marking of ED

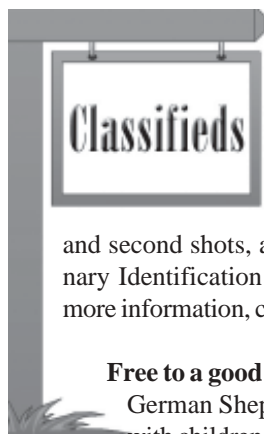
47. Age
49. Actress Laura of *Jurassic Park*
52. Babylonian measure of length
53. California AFB; home to 60th AMW
57. Snack food
58. *Lord of the Rings* character
59. Impress letter/design on a book cover
60. Nebraska AFB home to 55 WG; a/c tail marking of OF
61. Texas AFB home to 7th BW; a/c tail marking of DY

DOWN

1. Virginia AFB home to 1FW; a/c tail marking of FF
2. Mock
3. CBS show
4. Barbie's mate
5. Model Carol
6. Fmr. Kansas senator
7. Japan AB home to 35th FW; a/c tail marking of WW
8. Germany AB home to 86th AW; a/c tail marking of RS
9. Oklahoma AFB home to 97th AMW
10. Actor Sean
15. Smell
17. Former Speaker of the House

Gingrich

20. RAF marshal in North Africa (1941-43)
21. Largest member of deer family
23. Military appreciation paperwork (abbrev.)
24. South Carolina AFB home to 20th FW; a/c tail marking of SW
27. Ancient history
28. Roman sun god
29. Article
34. North Carolina AFB home to 23rd FG; a/c tail marking of FT
35. Little lady
37. Virginia Army fort
38. Road material
39. Color in light spectrum between orange and infrared
40. Male offspring
41. Homo sapien
43. Tennessee AFB home to AEDC
45. NBA coach ____ Harris
46. *Who's Afraid of Virginia ____*
48. Street equivalent (abbrev.)
49. Spots
50. Greek god of love
51. Truck manufacturer
52. Former name for Tokyo
54. Fink
55. State home to 181st FW; aircraft tail marking TH (abbrev.)
56. Pig's pen



Free to a good home: 3-month-old kittens. They are litter-box trained and playful. Owner will pay 10 percent of all vet costs for first and second shots, and American Veterinary Identification Device implant. For more information, call Adena at 6-9538.

Free to a good home: 10-month-old German Shepherd-mix dog. Good with children, very friendly. Comes with kennel. For more information, call Derek

at 6-6737 during duty hours or at 6-2272 in the evening.

For sale: Dining room set, seats six, only one year old. \$375. Call 6-2438.

For sale: Computer desk in good condition, \$50 OBO. Call Danielle at 6-5238, please leave a message if there is no answer.

Massachusetts Air National Guard positions available: People separating from the Air Force may qualify for positions in the Massachusetts Air National Guard and associated college benefits. For information regarding the

guard, call 1-800-247-9151. For college benefits information and colleges in the area visit www.goang.com and www.bostonsearch.com/colleges.htm, respectively.

Enrichment spaces available: The child development center preschool and toddler enrichment classes has openings. Seats for the ages 2 and 3, and ages 4 and 5 classes are available. For more information, call 6-6553.

Instructors needed: Dog obedience, dance, self-defense and music instruments instructors. For more information, call youth programs at 6-3246 or 6-6670.

COMBAT, SPECIAL INTEREST PROGRAM

Crossroads Café

Today: The contemporary Protestant service hosts food and fellowship at the Crossroads Café from 7 to 11 p.m. It is open to everyone ages 18 and older.

Saturday: The Liturgical service hosts food and fellowship at the Crossroads Café from 6 to 10 p.m. today. For more information, call Senior Airman Tianna Milagro at 6-6441.

Project CHEER chili social

A chili social is Thursday in the club from 5 to 7 p.m. The social includes a complimentary chili bar and drink specials in the NCO lounge. For more information, call the club at 6-6086.

Combat Fit — Lose to Win

The health and wellness center sponsors a Big Loser 2005 competition Jan. 24 through April 22. Teams of five choose a name and enter to be the team to lose the most pounds and take home the grand prize. The HAWC will offer teams several classes to help get started and three special exercise sessions, one per month, starting in February. For more information, call the HAWC at 6-8256.

Golf events

The golf course offers: a nine-hole scramble format **Snow Ball Outing** Saturday - cost is \$6 (does not include green fees and cart) with a \$2 green fees and cart discount for all unaccompanied personnel, prizes to be awarded; a **three-person scramble** Jan. 15, the team the beats the Hodja Lakes Pros gets 50 percent off green fees and golf carts for the month of January, other prizes also to be awarded; a **Sunday Youth Clinic** Jan. 16, children ages 6 to 17 learn how to swing the driver, no entry fee; and a **Ladies Evening Special** Jan. 18 and 25 at 2 p.m., nine holes are \$9, cost includes green fees, cart and rental clubs. For more information, call 6-8995.

Fitness Lockers

Locker renewal continues through the end of January. Patrons are advised to stop by the fitness center to renew lockers. For more information, call 6-6086.



Photos by Senior Airman Dallas Edwards

Kickin' it up a notch

The fitness center offers several aerobics classes to help the Incirlik community get and stay fit. Step aerobics with weights and bands classes (**above**) are 11:30 a.m. and 5:30 p.m. Mondays, Wednesdays and Fridays. Cardio kick and aerobics classes are 5 p.m. Tuesdays. Step, abs and back classes are 9:30 a.m. Saturdays. For a work out that features moves like the one (**left**) Francine Hayes, military spouse, is doing to increase heart rate, but also has moves to tone like the ab workout (**above, left**) Nazli Womack, volunteer aerobics instructor, is engaged in, try aerobics. For more information, call the fitness center at 6-6086.



AT THE OASIS

Today

7 p.m. — The Polar Express (G) — Animated. Believing in Santa Clause is not easy when all of your friends and family insist he is just make-believe. But a young boy's faith is rewarded on Christmas Eve when he's awakened by a steam train whose conductor pulls up in front of his house and takes him and other children to the North Pole to meet Santa. (90 minutes)



believe. But a young boy's faith is rewarded on Christmas Eve when he's awakened by a steam train whose conductor pulls up in front of his house and takes him and other children to the North Pole to meet Santa. (90 minutes)

9 p.m. — After the Sunset (PG-13) (1st Run) — Starring Pierce Brosnan and Salma Hayek. Life should be easy after a sterling career as a master thief. Though he is retired to an island paradise, trouble comes looking for Max when his former nemesis from the FBI shows up with news of a big score rumored to be on the horizon. With a savvy local cop also in the wings, a new cat-and-mouse game of friendship, suspicion and thievery is afoot. (94 minutes)

Saturday

5 p.m. — The Polar Express (G) — Animated. (90 minutes)

7 p.m. — After the Sunset (PG-13) (1st Run) — Starring Pierce Brosnan and Salma Hayek. (94 minutes)

Sunday

7 p.m. — The Grudge (PG-13) — Starring Sarah Michelle Gellar and William Mapother. Karen, an American student working with a Japanese health center for college credit, comes across a mysterious curse. She finds herself embroiled in a fight for her own sanity, and, ultimately, her survival. (96 minutes)



AT THE M1

Hero (PG-13) — 11 a.m., 1 p.m., 3 p.m., 5 p.m., 7 p.m. and 11:30 p.m. (96 minutes)

National Treasure (PG) — 11 a.m., 1:30 p.m., 4 p.m., 6:45 p.m., 9:30 p.m. and 11:30 p.m. (131 minutes)

Blade: Trinity (R) — 11:30 a.m., 2 p.m., 7 p.m., 9:30 p.m. and 11:45 p.m. (113 minutes)

My Architect: A Son's Journey (NR) — 11 a.m., 3:30 p.m., 6:30 p.m. and 9:15 p.m. (116 minutes)

Movie listings are subject to changes and from the Army and Air Force Exchange Service Web site at <http://www.aafes.com/ems/euro/incirlik.htm>. For more information and updates, call the movie recording at 6-6986 or the theater office at 6-9140.